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There is provided a computer-assisted diagnosis method for assisting diagnosis of three-dimensional digital image data. The method includes the step of receiving indicia identifying at least one region of interest in a digital medical image. Three-dimensional objects within the at least one region of interest are identified. For a given three-dimensional (3D) object within the at least one region (ROI), an extent, a centroid, and a local spinning axis of the given object are determined. Moreover, a local spinning plane is determined for the given object, the local spinning plane being centered at the centroid and the local spinning axis. The local spinning plane is rotated at least a portion of 360 degrees. The rotating step includes the step of creating a view of the given object at predefined increments of rotation, so as to result in a plurality of views of the given object.